

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

DECEMBER 10, 2004



Cpl. Jessica M. Mills

Navy Goal Keeper Michael Hevener (right), a military police officer with the Military Police Company, Headquarters Battalion, aboard MCB Hawaii, Kaneohe Bay, blocks a shot by the Army's center during the 6th Annual Army vs. Navy Hockey Challenge at the Ice Palace in the Stadium Mall Dec. 2. Although the Navy team had previously won the challenge three years in a row, the Army proved that they had practiced, and defeated the Marines and Sailors 6-4.

Army defeats Navy 6-4

Inter-service hockey challenge creates fierce competition

Cpl. Jessica M. Mills

Sports Editor

SALT LAKE, Hawaii — Competition was fierce and injuries were abundant during the 6th Annual Army vs. Navy Hockey Challenge at the Ice Palace in the Stadium Mall Dec. 2. Blood mixed with the sweat, spit and slush that covered the frozen surface of the rink as the Army team defeated the Navy for the first time in three years, 6-4.

The Navy team was made up of Sailors and Marines from Pearl Harbor and MCB Hawaii, Kaneohe Bay and Camp Smith, as well as local veterans. The Army team was made up of soldiers from Schofield Barracks, airmen from Hickam Air Force Base and more local veterans.

"This game has been going on for six years, and we have won for the past three," said Michael Hevener, the Navy goalie and military policeman with the Military Police Company, Headquarters Battalion, MCB Hawaii, Kaneohe Bay. "There has always been animosity between the Army and the Navy, but this competition is a good way to get it all out. And it coincides with the annual Army/Navy football game, so it is keeping in the spirits of that competition."

The game itself was quick and fierce, and in the first period the Army continuously scored against the Navy. They did not seem to have any qualms about pounding on Hevener to get the puck past him.

Although hostility was clearly present between

these two teams, they both tried to play fair.

Hevener tried his best to keep the Army at bay, however he still needed more help and the Army was ahead 5-2 when the first period ended.

Ice hockey has never been claimed to be a gentle sport — as many of these seasoned players know — but it is always exciting. As the second period took off, the injury list grew. Many players had to leave the ice with screaming ankles and joints, while others had to be escorted.

Dan Settergren, the deputy commander of the 15th Mission Support Group aboard Hickam Air Force Base, learned first hand how dangerous the game can be when his face connected with the high sticking of a Navy guard.

The wallop made a loud crack that could be heard throughout the rink, and although most of the damage to the bridge of his nose and brow was made by the face mask itself, Settergren was still thankful for the protection.

"I have been playing hockey since I was in fifth grade ... and this is the first time I have needed stitches, but it is worth it. Hockey has constant movement, it's exciting and it is great exercise," said Settergren. "This is my third year in a row playing with this league and I definitely want to win because this is also my last year. We are passing and communicating well, and we have two really strong lines this year, so I think this game is ours."

The Navy managed to score one more goal before the second period ended, but the Army was still ahead 5-3.

See HOCKEY, C-7



Cpl. Jessica M. Mills

Dan Settergren, the deputy commander of the 15th Mission Support Group aboard Hickam Air Force Base, blocks Matt Taylor, the deputy current operations officer for the Special Operations Command Pacific, Camp Smith, from the Army goal.

Adventure Race draws interest

Cpl. Jessica M. Mills

Sports Editor

Being referred to as a "POG" or personnel other than grunt, should not necessarily be derogatory. Just because a Marine is not infantry, doesn't mean he isn't hard-core, physically fit or motivated.

There are plenty of Marines outside of combat arms who can accomplish great physical feats requiring a lot of gumption, just ask James S. Connelly, the commanding officer of Headquarters Battalion, aboard MCB Hawaii, Kaneohe Bay.

Connelly, along with four other members of the Headquarters Battalion staff have been spending their nights and weekends preparing for Sprint Adventure Race 2, which will take place at Kualoa Ranch on Dec. 19.

The second of the four race series, Adventure Race Hawaii, the race will consist of hiking and trekking, orienteering and land navigating, kayaking or one man

See ADVENTURE, C-6

Special Olympics returns to K-Bay

Marines, Sailors support annual Holiday Classic

Cpl. Jessica M. Mills

Sports Editor

"Let me win; but if I cannot win, let me be brave in the attempt."

This Special Olympics athlete oath stays in the forefront of the minds of many Special Olympics Hawaii members and coaches as they struggle with the challenges of every day life. The Olympics was founded on the belief that people with intellectual disabilities can, with proper instruction and encouragement, learn, enjoy and benefit from participation in individual and team sports.

Since 1997, MCB Hawaii has hosted or co-hosted the Special Olympics Hawaii Holiday Classic State Games, one of the largest SOH events held here on Oahu, in an effort to support the cause.

More than 1,050 athletes and coaches participated in this year's Holiday Classic held Dec. 3 - 5, aboard MCB Hawaii, Kaneohe Bay, and Hickam Air Force Base.



Cpl. Jessica M. Mills

Donald Castro, 13, a member of the Molokai Mana, maneuvers around Erin Tait, from the Rainbows team in Oahu, and assists his team in winning the Basketball Finals in the Bravo Division of the Special Olympics Hawaii Holiday Classic State Games. The team received the gold medal during the official Special Olympics awards ceremony.

The event was supported by more than 150 Marines and Sailors from K-Bay, Camp Smith and Pearl Harbor Naval Station, who volunteered their time to fill numerous positions, such as game officials, laborers,

and presenters.

"The Special Olympics is a chance for these individuals to learn and understand

See OLYMPICS, C-7

K-Bay runners head to San Diego

Cpl. Megan L. Stiner

Combat Correspondent

Several Marines on the base cross-country team are heading to San Diego Saturday for the 2004 Marine Corps Cross Country Championships.

"Headquarters Marine Corps wanted to put together a competition between the bases to help foster the popularity of running teams at the base level," said Steve Kalnasy, the varsity sports coordinator for Marine Corps Community Services here.

Participants will be vying for a spot on the All-Marine Cross Country team. The course is five miles long and those who are quick enough will become members of the All-Marine team and travel around the U.S. participating in races.

"They are looking for the diamond in the rough," said Kalnasy. "They are looking for those runners who have not been identified by their command, or have not tried out for a team because they did not think they were fast enough."

Members of the K-Bay team have been competing in races alongside many of Oahu's top college competitors since August and three trials were conducted for interested runners to become a part of the base team.

"Competition is one of the best parts of running," said Head Coach Rob M. Adams, supply officer with Headquarters Battery, 1st Battalion, 12th Marine Regiment, after a race in September against several college teams. "Getting out there and seeing what you've got is the attitude to have. You have to put everything out there on the starting line, and just see how you end up at the finish."

The Marines participating in the upcoming race are, by unit:

- Michael French, VP-47
- Adam Becker, MARFORPAC
- Kenneth Dawson and Andrew Atterberry, 3rd Marine Regiment
- Brandon Himmel, 1st Battalion 12th Marine Regiment
- Andrea Stover, 3rd Radio Battalion
- Clair Hamilton, Megan Stiner, Michelle Dickson, and alternate Judy Munoz, Headquarters Battalion.

BASE SPORTS

December

10 / Today

Great Aloha Run Registration — Representatives from the Great Aloha Run will be at the Kaneohe Bay Marine Corps Exchange, from 10 a.m. until 1 p.m. to register runners for the Feb. 21 run.

For more information, call MCCS Athletics at 254-7590/7591.

Pro Bowl Tickets On Sale at Information, Tickets and Tours (ITT) — Grab your Pro Bowl tickets now, while they're hot, and available! It's first come, first served, so be sure to be there when ITT opens at 9 a.m.

Ticket prices range from \$37 to \$103 depending on seating. Call the ITT office to secure your Sunday-funday at the Pro Bowl at 254-7563.

Youth Activities Winter Adventure Day camp — Registration for the Youth Activities Winter Adventure Day Camp is being held now through Dec. 16.

The camp is open to grades K – 6, and runs from Dec. 20 until Jan. 7.

The program offers a full day program, from 6:30 a.m. until 5:30 p.m., and a part day program from 6:30 a.m. until 2 p.m.

The cost is based on total family income, but family must be a member of Youth Activities.

Space is limited. For more information call 254-7610.

12 / Sunday

Free Honolulu Marathon Transportation — MCCS will be offering Honolulu Marathoners a free ride to and from downtown.

The bus departs from Kaneohe Bay's Semper Fit Center at 3 a.m. on Sunday. After the race, runners can return to the base by catching the bus at Kapiolani Park at noon.

Call MCCS Athletics at 254-7590 for further details.

All-Marine Boxing — The All-Marine Boxing coach is looking for a few good men and women for the All-Marine Boxing Team.

The coach will be visiting MCB Hawaii, Kaneohe Bay, on Sunday and Monday to conduct a boxing clinic.

For contact and schedule information, call MCCS Athletics at 254-7590.

14 / Tuesday

Baseball Coaches Meeting — There will be a baseball coaches meeting at the Semper Fit Center on Tuesday at 2 p.m.

For more information contact the

Intramural Sports Coordinator Joe Au at 254-7591.

15 / Wednesday

Deadline for Armed Forces Bowling Résumés — Semper Fit will be seeking résumés from Marines interested in participating in the Armed Forces Bowling Championship, to be held Jan. 7 – 14 in Dallas, Texas.

Those interested must submit applications to MCCS Athletics by Wednesday.

Résumés must contain proof of current average (must be at least 210 for men and 160 for women), and contain command endorsement stating you are available to attend the event if selected.

Call Athletics at 254-7590 for details.

20 / Monday

Winter Junior Sailing Lessons Offered — Hey kids, looking for something fun to do this winter break? Learn to be the skipper of your own boat with the Base Marina's Junior Sailing Lessons.

This two-week course is for adventurers ages 8 – 18, and runs Monday through Fridays from Dec. 20 – 31.

Choose between the 9 a.m. to 12 p.m. or 1 to 4 p.m. courses.

Parents, this course is only \$99, and makes the perfect holiday present.

To register or for more details, call the Outdoor Recreation Center, which houses the base marina, at 254-7666.

Holiday Tennis Program — The Marine Corps Tennis Shop will be hosting a Holiday Tennis Program from Dec. 20 until Dec. 23, and again from Dec. 27 to Dec. 30.

Junior Beginner, Intermediate and Advanced courses are all offered. The course of instruction consists of eight lessons for \$100 for the Junior Beginner & Advanced Beginner.

The Junior Intermediate & Advanced course costs \$160.

Class times vary so call the Marine Corps Tennis Shop at 258-8081 for more information, or stop by the Tennis Shop in Building 1255.

22 / Wednesday

Staff NCO Golf Tournament — Swing into the New Year at the Kaneohe Klipper during the Staff NCO Golf Tournament.

The game starts with a shotgun at 7:30 a.m., and is open to all author-

ized patrons.

The cost is \$42 for Staff NCO Club members, \$48 for Staff NCO non-members, \$55 for DOD patrons and Officers, and \$60 for invited guests.

All costs include greens fees, cart, heavy pupus, refreshments and prizes.

The format is a four-person best ball scramble; each team must have an A, B, C and D handicap player (A, 0 – 8; B, 9 – 17; C, 18 – 26; D, 26+).

Prizes will be awarded for the longest drive, closest to the pin, most accurate drive and first, second, and third place golfers with the lowest score.

Pick up your registration form at the Staff NCO Club or Klipper Golf Course or for more details, call 254-5592/5481.

Ongoing

Gone Fishin' — Join Mahalo Kai Fishing Charters for a day beyond the bay.

Located at the base marina, the charter contractor has two different boats to accommodate all of your fishing needs. Check out its newest boat, the Bill Collector, built for charter fishing at its finest and most comfortable.

Call 254-7667 for more information.

Inexpensive, Fun Entertainment — Look no further for economical entertainment, as Mondays through Thursdays, all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game.

This discount is good for open play, and does not qualify for tournaments, leagues or unit functions.

Call the K-Bay Lanes now to get the spin at 254-7693.

Color Pin Special — Every Wednesday, roll a strike when a colored pin is in the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. If you make the play, you win!

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center, for children ages 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

For more information, call 235-6585.

Paintball Hawaii — Near the Lemon Lot, by the intersection of Harris Road and Mokapu Road lays Paintball Hawaii.

Shoot over for the great deals and have a blast.

Cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee.

Players can purchase paint at the

field for \$45 – \$50 for a case of 2,000 balls.

The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283 for Friday appointments.

Junior Lifeguards — The base pool is currently offering Junior Lifeguard instruction for the youth at MCB Hawaii. Let your kids enhance their skills and abilities in the water, and gain confidence and experience that can lead to a job.

To register or for information, call 254-7655.

Take the Plunge — Wet your feet and beat the heat at any one of four MCCS pools that serve your swimming demands.

Splash to the MCB Hawaii, Kaneohe Bay, main pool at Building 981, the Hilltop Pool at Building 502 (for O' Club members only), the Camp Smith pool at Building 125, or the Manana Housing pool in Building 840.

Massage Therapy — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp Smith.

The massage therapy program will help relieve your mental and physical fatigue and improve your overall circulation and body tone. Choose from Shiatsu, Swedish, Lomi, deep-tissue and even Hot Rock Therapy!

Appointments are available by calling the K-Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the 7-Day Store.

Adults and children are welcome, and costs are only \$35 for adults and \$25 for children. Additional family members cost \$20.

Call MCCS Youth Activities for information at 254-7610.

Base All Star



Michael Hevener



Unit: Military Police Company, Headquarters Battalion, MCB Hawaii, Kaneohe Bay
Billet: Military Policeman
Position: Goalkeeper
Hometown: El Centro, Calif.

- Hevener has been playing roller hockey for the past nine years.
- He never played ice hockey until he was stationed here in Hawaii, and last year was the first time he had ever been on the ice.
- This is only his second season playing on the Navy Ice Hockey team.
- While in high school, Hevener played for an unofficial roller hockey team called the Central Spartans, and won the league championships.

COMMUNITY SPORTS

Try Fitness Hosts Off-Road Run

Try Fitness is proud to present the 1st Annual Off-Road 8K Challenge, Dec. 18 at 6:45 a.m.

Come join in the fun of an off-road adventure. The route, which is just more than five miles, will take you off-road into the hills and valleys of beautiful Kualoa Ranch. Everyone age 14 and over is welcome.

The entry fee is \$35 (T-shirts are not guaranteed for late registration). Packet pick-up is Wednesday and Thursday from 2 – 6 p.m. at Island Triathlon and Bike, 569 Kapahulu Ave., Honolulu.

Awards in the Off-Road 8K Challenge will be given to the top three male and female finishers overall and the top three finishers in each age group starting at age 14. Awards will also be given to the top three male and female active duty military finishers.

To register print an application from www.tryfitnesshawaii.com or register online at www.active.com. For more information call Try Fitness at 946-0346.

Adventure Race at Kualoa Ranch

This, the second of three main series races on Oahu will further test racers' skills in adventure racing and will include some night time operations. Race 2, Dec. 19, will consist of hiking and trekking, orienteering and navigating, kayaking, ropes, mountain biking, an environmental sensitivity project and a mystery team builder.

It will be completely self-supported in a team format and will last approximately 4 – 6 hours. The Adventure Race Hawaii Sprint Adventure Race is a USARA sanctioned race.

Advanced certifications in ropes and water will be required. Each certification clinic is \$25 and clinics are offered the day before the race at Kualoa Ranch at the following times.

If you have prior open ocean and wave surfing Kayaking experience as well as fixed rope ascending and traversing experience you will

need to provide a list of your levels of experience if not you will be required to attend the ropes and kayaking certifications.

Registration is currently underway online at www.active.com or adventurers can register the day prior to the race, Dec. 18, at Kualoa Ranch.

Entry fees are \$170 for two person teams and \$330 for four-person teams. Military participants are \$153 for two-person teams.

Visit www.adventureacehawaii.com/race2_overview.php or call 591-9839 for detailed race information.

HTMC to Hike Malaekahana Pool Dec. 19

A close cousin to its next door neighbor, Laie Pools, this 5-mile, intermediate, ridge/valley hike has similar road-walking, and long uphill trudging through eroded gullies and tunnels of guava trees ... but the reward is a taller waterfall and a larger plunge pool. A venture upstream may even lead to the discovery of a hidden surprise pool. Reach coordinators Kris Corliss and Larry Oswald at 638-7268 for detailed information.

Adventurers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember, age 18 or over. A responsible adult must accompany children under 18.

Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios and other audio devices are prohibited on hikes.

Check out the HTMC Web site at www.geo.cityes.com/Yosemite/Trails/3660 for more information.

Registration open for 2005 JAL Honolulu Triathlon

Registration for Honolulu's premier triathlon — the 2005 JAL Honolulu Triathlon — is now open online at www.honolulutriathlon.com.

The race will be held April 17, and will begin and end at Kapiolani Park. Mail-in registration forms can also be found in Athletes Hawaii Magazine, which is available at most Hawaii sporting goods stores.

The registration fee is \$75 for individuals and \$100 for teams until Feb. 28. After Feb. 28, the registration is \$100 for individuals and \$125 for teams.

The JAL Honolulu Triathlon is an open age group (amateur) race that will be held the day after the International Triathlon Union JAL Honolulu World Cup on April 17.

For more information, visit the JAL Honolulu Triathlon Web site at www.honolulutriathlon.com.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs.

For more information, call Turtle Cove at 259-4121 anytime from 8 a.m. to 8 p.m.

•**Saturdays at 8 a.m., Morning Paddle:** Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Advanced skill level is required.

•**Saturdays at 1 p.m., History Tours by van:** Learn about and see significant historical landmarks on Bellows Air Force Station.

•**Sundays at 8:30 a.m., History Tours by bike:** Ride into off-limits areas on mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Day rental of bikes and helmets is included. Wear closed-toe shoes.

•**Mondays at 8:30 a.m., Hike to Makapuu:** Take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse. Wear closed-toe shoes.

•**Tuesdays and Thursdays at 10 a.m., Lei Making:** Pick your own flowers to use in making beautiful lei and enjoy ancient Hawaiian folk tales and stories.

•**Wednesdays at 6:30 a.m., Bikram's Yoga:** Gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.

•**Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent underwater world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are included.

•**Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills including water safety and efficient paddling techniques in this two-hour class.

•**Thursdays at 9 a.m., Beach 101:** The whole family can attend this fun class.

•**Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included.

Hawaii Marine Accepts Sports and Recreation Briefs

Advertise sports and recreational activities of general interest to the DoD community in the *Hawaii Marine*. E-mail items to editor@hawaii-marine.com, or call the *Hawaii Marine* at 257-8836 or 257-8837.



The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

Did Barry Bonds do anything wrong?

Sgt. Joe Lindsay
The Goat

“I don’t have any concerns that this would be legally significant to Barry.”
Michael Rains, Barry Bonds’ attorney

Great. So Barry Bonds will not go to jail for his use of flaxseed oil. That’s good news for him. No fancy lawyers’ Clintonesque word play, however, is going to keep Bonds out of negative newspaper headlines for the next few years, or perhaps even for his entire life and beyond. The Barry Bonds steroid scandal, like Pete Rose’s gambling, is obituary worthy material.

Or is it?
This whole steroid mess has been in and out of the news in varying degrees for what seems like an eternity now, but just started heating up again after what was supposed to be sealed Grand Jury testimony was recently released.

In that “sealed” testimony, Bonds admitted possibly unknowingly taking steroids in the form of “clear” and “cream” substances supplied by the now infamous Bay Area Laboratory Co-Operative (BALCO) and given to him by his personal strength trainer and childhood friend, Greg Anderson.

Bonds says he was told the substances were the nutritional supplement flaxseed oil and a rubbing

balm for his arthritis. Right. OK. Whatever, Barry. We understand you’re trying to stay out of jail so we’ll leave your qualified denials alone for now.

Whether or not Barry is really that stupid (or smart) really doesn’t matter though. Bonds is being put over the coals by the sports paparazzi not for his alleged use of steroids, but for the fact that he is going to break one of the most revered records in all of sports — MLB’s homerun record.

What’s more, he is going to break the record held by one of the most romanticized figures in all of sports — Babe Ruth. And he’s going to do it on his own terms — without visiting hospitals or kissing babies for the cameras.

Bottom Line: The media has never had a love affair with Barry Bonds, but for a long time they wanted to.

They pursued him for years — heaping words of praise upon him like so many flowers and chocolates — following him everywhere he went.

Then one day it dawned on them that they would never have Barry Bonds. So like a jilted lover who never got the chance to love, the media turned on him. They would have turned on Babe Ruth, too, if he were alive today, with articles about the women and the booze and such.

Where have you gone Jose Canseco? A nation turns its lonely eyes to you.

Capt. K.D. Robbins
The Professor

The juice is loose!

In less than a year of Grand Jury investigations, Olympic suspensions and ongoing sports ethics debates, Jason Giambi has confirmed that which any educated sports fan feared... Major League Baseball’s sluggers are juiced.

But, it isn’t the “Juicing Giambi” that baseball fans love to hate. After all, he’s merely a tuna swimming in the sea with a trophy marlin: “BALCO Barry.”

Why do sports fans hate Barry Bonds? He’s a six-time MVP, a perennial All-Star selection and he is two years away from breaking Hank Aaron’s home run record. The answer is simple. Fans disrespect Barry for achieving the above-referenced milestones with help ... juice.

The simple truth is that Bonds, Giambi, Mark McGwire, even the late Ken Caminiti have done nothing wrong ... in Major League Baseball’s eyes, that is.

That said, Major League Baseball is to blame for the fans’ disrespect. Furthermore, our U.S. judicial system bears that same responsibility.

Think about it. Our judicial system exchanged immunity, yes immunity from drug possession/drug use charges with Bonds, Giambi and other BALCO customers for testimony linking BALCO as a distribution center of illegal steroids. Fantastic!

Take away any asterisk. Barry Bonds belongs in Major League Baseball’s Hall of Fame. Under league rules, Barry did nothing wrong. He belongs in the hallowed halls of Cooperstown. If anyone should wear an asterisk, it’s baseball fans.

Anyone naïve enough to believe that performance enhancing products, i.e. herbs, protein shakes, steroids, etc., will not be used by major leaguers, need an asterisk... an asterisk for a lack of common sense.

Bottom Line: Our judicial system fails to penalize Ricky Williams for toking up, major leaguers for juicing and O.J. for murder. Should fans really be angry with Barry? The answer is no.

This is the sports world. This is what sports fans pay millions and millions of dollars to see: Drug-using murderers that can run, hit, shoot and throw.

Pathetic.

READERS STRIKE BACK

The **Hawaii Marine** received no Readers Strike Back this week. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”

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SPORTS AROUND THE CORPS

Two societies, one competition

MCCS sponsors 16th Annual Goodwill Japanese & American Super Duathlon

Lance Cpl. Cristin K. Bartter
MCAS Iwakuni

MARINE CORPS AIR STATION IWAKUNI, Japan — The Marine Corps Community Services Semper Fit Health Promotions Department held the 16th Annual Goodwill Japanese & American Super Duathlon, Nov. 28, at the IronWorks Gym. The event, which consisted of a five-kilometer run, a 28-kilometer bike ride and a final five-kilometer run, attracted more than 120 competitors. “This was the first time that I’ve done anything like this,” said Capt. Joshua M. Pieczonka, weapons and tactics officer, Marine All-Weather Attack Squadron 533. “There were a lot of fast riders and runners. I’ll be hurtin’ in the next couple of days.” Yasuo Takahash was among Pieczonka’s competition, blazing through the finish line with a

time of 1:18:21, taking the title for the overall male division. “[Takahash] is a very famous athlete in Japan,” said Tadamasa Uemura, recreation specialist for the IronWorks Gym. “There was very good competition, much better than last year,” said competitor Jennifer Medillin. “The [Japanese competitors] are tough. They’re not here just to have a good time; they’re here to win.” Medillin faced Misako Iwamoto, who finished first in the overall women’s division with a time of 1:45:25. According to Uemura, the Duathlon is not just for the competitors; it is also a family event. Many of the athletes’ families cheered their loved ones as they raced. For many Japanese and American families, it is very important to support loved ones who compete, said Uemura. Along with family togetherness, the Duathlon encourages Japanese and Americans to build friendly relationships. “I am always proud of the fact that Japanese and Americans can come together for a day of healthy competition,” said Tadamasa. “What I like about the competition is that it is nondiscriminatory. The young, the old, males and females can all come out and participate.”



Lance Cpl. Cristin K. Bartter

Only the strong survive ... or those who have the most endurance at the Marine Corps Community Services 16th Annual Goodwill Japanese and American Super Duathlon. The event began and ended with a five-kilometer run.

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HEALTH & FITNESS

Health benefits are not ‘automatic’

Mary Kate Zabroske
Bureau of Medicine and Surgery Public Affairs

WASHINGTON — Department of Defense TRICARE officials are working to inform military families that non-active duty beneficiaries must enroll in the health care system before they see a doctor.

Active duty service members are automatically registered in the Defense Enrollment Eligibility Reporting System (DEERS). However, this isn't the case with family members, who must personally ensure they are properly enrolled in DEERS to be eligible for TRICARE benefits. This is a step many families forget each time they transfer or travel. Not keeping DEERS information current, though, can create extra time in the waiting room or incur costly out-of-pocket expenses.

“It is extremely important to keep DEERS records up-to-date, because that is the key to receiving timely, effective TRICARE benefits. Prior to rendering services to beneficiaries, network providers and pharmacies will verify DEERS eligibility,” said Floyd “Skip” Katon, Navy DEERS medical project officer.

There are several instances where a military family must update its DEERS enrollment information. These times include marriage, the birth or adoption of a child, divorce or retirement.

Children who are over 21 years old and have

a student status must also be registered in DEERS.

Active duty service members can make these changes by completing a DD Form 1172 (Application for Uniformed Services Identification Card and DEERS Enrollment).

While completing the DD Form 1172, the service member will be required to have certain important pieces of documentation, such as a marriage, birth or death certificate, divorce decree, and family members' Social Security numbers.

Sponsors and their families should contact the nearest uniformed services identification card facility to learn what documents are needed to register or update DEERS information. To find the closest facility, search by ZIP Code at www.dmdc.osd.mil.

For family members who do not reside with their sponsors, the sponsors must get the DD 1172 notarized.

Beneficiaries may update information on DEERS in one of the following ways: visit a local uniformed services ID card facility; call the Defense Manpower Data Center Support Office at (800) 538-9552; fax changes to DEERS at (831) 655-8317; mail the address change to the Defense Manpower Data Center Office, ATTN: COA, 400 Gigling Road, Seaside, Calif. 93955-6771; or update addresses electronically at www.tricare.osd.mil/DEERS.



Cpl. Jessica M. Mills

Carlen Blume (right), a general dentist for 21st Dental Company, and Reginald Burton, dental technician, work together to complete a simple filling on Andrew Geronime, a motor transport operator for 3rd Marine Regiment.

When and when not to call the pediatrician

By Deborah Moore
LIFELines Service Network

One of the most challenging decisions a parent has to make is when to call the doctor. Sometimes it is difficult to know which symptoms are important enough to warrant an immediate call to a medical expert. Some illnesses that can be treated at home, but others are in the gray area.

One way of determining when a child or, for that matter, an adult, should be taken to the doctor is to look at three factors.

1. Is there a pattern? For example, if the child suddenly develops hiccups, then vomits after each meal, this is a problem that should be discussed with a physician.

2. Is the problem persistent? Does your child have a head cold that won't go away? A cold is

a common illness, but if it lingers and breathing becomes difficult, then a trip to the doctor is needed.

Persistent ailments should be checked out, especially if there is, in the case of a cold, a fever, earache, or neck stiffness.

3. Is the ailment progressing? Are the symptoms getting worse? Are they becoming more frequent? Is the illness causing loss of appetite, diarrhea, or dehydration? If so, contact a physician immediately.

Trust Your Instincts

Unfortunately, there's no magic way to know if a child is sick enough to be taken to the doctor. The key is knowing your child and how he or she behaves when sick.

You know your child better than anyone else. If you feel something is wrong, call the doctor. If you think it's an emergency, call the

emergency room.

The old adage, “Better safe than sorry” is certainly applicable in this situation. Here's a list of symptoms that warrant a call.

Reasons to Call Your Doctor

- Difficult breathing and respiration, such as croup, persistent cough, wheezing
- A fever that lasts more than 48 hours
- A high fever, greater than 103 degrees
- Persistent abdominal pain
- Earache
- Persistent vomiting and nausea
- Persistent diarrhea with signs of dehydration
- Refusal to eat and drink
- Stiff neck where the person cannot bend the neck forward to the chest
- Pain when urinating, or blood in urine

Reasons to Call 911

- Patient is not breathing
- Severe bleeding (any spurting bleeding)
- Chest pain
- Major burns
- Shock
- Head injury
- Unconsciousness
- Neck and spine injuries
- Poisoning
- Bites
- Eye injury
- Chest injury
- Suicide attempts

Be prepared for medical emergencies. You can bone up on when you should call the doctor by visiting [Call Your Pediatrician](http://CallYourPediatrician.com), [Keep Kids Healthy.com](http://KeepKidsHealthy.com), or [Parents Place](http://ParentsPlace.com).

Did You Know?

Girls and Boys Town...

- Provides treatment and care to more than 40,000 abused, abandoned and neglected girls and boys across the country each year.
- Provides assistance to nearly one million children each year by training parents, teachers and child-care professionals how to meet the needs of children in the 21st century.
- Has 19 sites located in 14 states and the District of Columbia.
- Assists more than 450,000 callers annually through the Girls and Boys Town National Hotline (800-448-3000).
- Cares for children regardless of race, color, creed, gender, national origin, or ability to pay. On average, girls make up about 50 percent of the youth cared for each year.
- For more information, call 1-800-217-3700, write to P.O. Box 8000, Boys Town, NE 68010, or visit www.girlsandboystown.org

The Original Father Flanagan's Boys' Home

HELP • HEALING • HOPE

A CFC participant – provided as a public service



Cpl. Jessica M. Mills

James S. Connelly, the commanding officer of Headquarters Battalion, teams up with David Prislin, his executive officer, to practice rappelling at Kailua Beach Park Sunday afternoon.

ADVENTURE, From C-1

outrigger canoeing, ropes and rapelling, mountain biking, an environmental sensitivity project and a mystery team builder. It will be completely self-supported in a team format and will last approximately four to six hours.

If that doesn't sound hardcore, challenging and excruciatingly tiring, then what else does?

According to Adventure Race Hawaii staff, this style of racing is the fastest growing non-traditional sport in the world. Since arriving in the United States in 1995, it has grown at an annual rate of 275 percent. The demand for adventure racing is extremely high in Hawaii, where outdoor sports are abundant. Currently, there are more than 2000 multi-sport athletes in Hawaii, and thousands of outdoor enthusiasts to include; cyclists, runners, paddlers, hikers and surfers.

Connelly is teaming up with David Prislin, executive officer of Headquarters Battalion, to compete in the race.

"I think we are going to survive, our plan is to enjoy ourselves," said Connelly. "The XO and I had looked into doing something like this about two months ago, and then John Henderson, one of the co-founders, contacted me about it."

The other Marines who plan to undertake

this challenge are Lisa Parrott, base property officer; Jason Jones, the S-1 officer for Headquarters Battalion; and John McJunkin, finance clerk.

"Who the heck would pay \$175 to complete land navigation, rappelling, ride a mountain bike and run ... basically killing yourself? I would," said McJunkin. "This is the ultimate adventure. We are doing so much, and in such a short period of time, it is exciting. This is everything that a POG, or office personnel, whichever, doesn't get to do very often."

On Sunday, the five Marines all attended a rope, rappelling and kayaking clinic held free to all active duty military members.

To enter the race, all competitors must have their certification in rope and water skills; this includes rappelling, kayaking and canoeing. So ARH offers these organized clinics to ensure all competitors are certified and know the basic skills and safety steps for each event.

"They don't need to be experts — we are not trying to make anyone professionals, we just want to guarantee their safety for everyone's sake," said John Rose, a volunteer instructor for ARC and an administration chief with S-1, Marine Aviation Logistics Squadron 24.

In the future, there will be two more races to complete the series.

The Honolulu Urban Challenge will be

sometime in early April 2005, in Honolulu. The race will consist of hiking & trekking, orienteering & navigating, surfing, rappelling, in line skating, an environmental sensitivity project and a mystery team builder. It will be completely self-supported in a team format and will last approximately two to three hours.

The Hawaii 24-hour State Championships will be on June 25 – 26, 2005 on Oahu's North Shore. This race will challenge all competitors skills in adventure racing. It will consist of hiking & trekking, orienteering & navigating, kayaking, ropes, mountain biking, an environmental sensitivity project and a mystery team builder. It will be completely self-supported in a team format and will last approximately 24 hours.

"Anyone can try the races, you just have to learn the different skills," said Stephanie Buckland, the Adventure Corporation event coordinator. "This event is great just to get outside and enjoy nature and have some fun."

To encourage military participation in the upcoming race, Adventure Race Hawaii is offering to fully sponsor a two-person military team from each military installation on Oahu.

At the moment, the Adventure Race Hawaii sponsorship is still available. This sponsorship includes waiving race entry and clinic fees. Contact Connelly at 257-5735.

OLYMPICS, From C-1

that they can accomplish things and offer something to the community, such as holding a job, paying taxes and helping the economy,” said Paul Epstein, a softball coach for Special Olympics Hawaii. “If it wasn’t for MCB Hawaii, none of this could happen. Everything we do and teach really couldn’t be accomplished if we didn’t have a place to hold the games.”

The Holiday Classic consists of four competitions: basketball, bowling, bocce and speed skating. Although the speed skating competition was held a week ago at the Ice Palace in Pearl City, the rest of the games were held aboard MCB Hawaii and Hickam Air Force Base throughout the weekend.

The three days of basketball games here were held at the Semper Fit Center Gymnasium, and K-Bay Lanes offered up their lanes for the bowling competition.

Many of the athletes stayed here on base at the BOQ or in Barracks 1034, and enjoyed their meals with Marines and Sailors at the Anderson Hall Dining Facility.

“The Marines and Sailors have done almost everything, from giving out awards, to being officials, and all the dirty work in between,” said Nancy Bottelo, the President and CEO of Special Olympics Hawaii. “It has been a huge help. Our organization thrives on volunteers. We couldn’t do it without them. Meeting the service members and receiving awards from them while in uniform means the world to these athletes.”

On Saturday evening, the base also hosted a Holiday Classic “Victory Dance” at the Enlisted Club ballroom, where Brig. Gen. George J. Trautman III, the commanding general of MCB Hawaii, and his wife “let down their hair” and danced with many of the athletes and coaches.

“I love competing with the other teams, and being with my friends,” said athlete Erin Tait. “Special Olympics makes me feel good about myself, and I love meeting new people.”

HOCKEY, From C-1

In the third period, all bets were off, the Navy’s guard was up and their offense was dangerous. Sticks were flying, and broken pieces were strewn on the rink, but the game was not over yet.

“We are shaking off our initial game butterflies. We were upset to give up those two goals in the first period, but we are on the uphill slope now, we outscored them in the second period,” said Matt Taylor, the deputy current operations officer for the Special Operations Command Pacific, aboard Camp Smith. “We have a better defensive plan now and we still have one more period to take this game.”

With more determination than they had thus far, the Navy team’s offense became more aggressive than ever before and managed to force one more goal past the Army keeper, leaving the Army’s defense unnerved and alert. With the score at 5–4, it could have been anyone’s game.

Both keepers made some unbelievable saves, and neither team was able to score. With 28 seconds left on the clock, the players on the ice got gruesome and the Navy was again called on roughing. A continuous roar filled the air, as fans pounded the protective shield and players slammed their wooden sticks against the white metal partition dividing the action on the ice from the ready bench they waited on.

“Let’s go, Navy! Let’s go!” was the thunderous cry made by more than half of the fans attending the game, drowning out any support from the Army side.

Unfortunately, all the support was not enough. With three seconds left, the Army managed to slip by the Navy defense and beam a shot by the keeper. A giant roar from the Army fans filled the arena, as the buzzer rang, ending the game with the Army ahead 6–4.

The annual game was a benefit for Hawaii’s Youth Hockey Program, which is run at the Ice Palace. For more information on the Youth Ice Hockey League, or adult league, contact 487-9921 or go to www.icepalacehawaii.com.